

## **January 26, 2009 Pawtucket Wellness Committee**

7:10am Start

Members present: Joanne Bonollo, Solange Morrisette, Erika Moore, Ray Pita, Joe McNamara, Ken Bowdish, Tammy Drape, Linda Mendonca, Karin Wetherill.

In keeping with the open meeting laws, wellness meetings are now reported to the secretary of state website, as well as, on the psdri.net website. Meeting minutes will be posted as soon as possible.

**Secretary's Report**-minutes from last meeting need to be printed.

**Sodexo's Update**-"Parents to Lunch" at Curtis elementary and Potter Burns Elementary occurred and was well received. Parents were sent home a notice and picked what they wanted for lunch. There were about 80 attending at Potter Burns and 50 at Curtis. Solange brought pictures of the event and some will be highlighted in the next wellness newsletter. All schools with the available space have been contacted to offer a breakfast or lunch with parents. The next date will be March 3<sup>rd</sup> at Agnes Little Elementary. It will be a breakfast with parents featuring an omelet station.

**Fresh fruits and vegetable program**-Baldwin Elementary is going well. It has changed the way kids are snacking. They look for fruit instead of candy to snack on. The program is designed to introduce kids to new items that they may not be eating at home and some of the favorites (grapes, apples, etc.) are being requested. Cauliflower is not one of the favorites amongst the students.

Solange was instrumental in getting applications for Curvin-McCabe Elementary and Varieur Elementary to join the program. They were two of only four schools in the state, that completed the application by the original deadline. Schools that filled out applications needed at least 50% participation in the free/reduced lunch program and they needed the school administrators willing to participate and monitor the program. Snacks are packaged and then served in the classrooms to the students.

**Be fit guide**-Sodexo, in cooperation the Quaglia Institute, has developed a be fit program and booklet for each of the students in the district, grades K-2. A training session from Sodexo will be available in March to discuss the program and how to use it in the classrooms. Solange was asking for ideas for the best way to introduce the booklets to the schools. Joanne will look into getting contacts from each of the elementary schools. The booklet has a wealth of information about the program, including games, coloring pages and activities.

Joanne suggested it would be nice for individuals to contact their state representatives about the statewide food service contract that is part of the supplemental budget.

Aramark would be the statewide contract. We would not receive the same contracted services. Items like the "Parent to Lunch program" and the "Be Fit Guide" would disappear as part of the savings of a statewide food service provider. There would be no choice for the school districts once the statewide contract is in place. The supplemental budget has many provisions that may not be the best for Pawtucket. It also affects the foodservice workers in the schools

As it stands now, savings (profits) from school lunch programs go back to the school districts for the enhancement of the food program (higher quality products, fresher items). Savings cannot be used for other expenses in the districts. Also, any foodservice provider must adhere to the 2009 nutrition guidelines for school lunch programs.

The free breakfast program participation has remained relatively constant with 23% district wide. Higher participation is in the elementary schools.

**Kid's First Update**-Rethinking Fundraising. Several districts have had demonstrations from Kid's First. The seminar goes over the state laws about food in schools and compares various fundraising activities. It takes into account what schools are currently doing and compares that to the "golden standard" that we would like to see. Numerous statistics are given about student wellness and the activities they participate in.

There will be a meeting at 3pm at Jenks Junior High on February 26<sup>th</sup>. Kid's First will provide the Rethinking Fundraising presentation. Information from this meeting will be used to partner with other wellness information so the wellness committee can present it to other schools as scheduled. Future meetings will be determined.

**Neighborhood Update**-Warm Hands, Warm Hearts. In Pawtucket, Blackstone Valley Visitors Center, and also in Woonsocket, there will be a mitten and coat giveaway today. It is collaboration between different organizations. It is open to anyone with a child and runs from 10am-3pm. Free coats and mittens are to be given away.

Sodexo also provides coats for kids. If anyone knows any child that needs a coat contact Solange.

## **Old business**

**Night time meetings**. Joanne would like to see 2 or 3 night meetings before the end of the year. Dates in March and April will be determined. Possible locations include Nathaneal Greene, Curvin-McCabe, Baldwin/Cunningham, Slater. Dates and locations will be finalized.

A single topic should be the focus of the meeting. Cooking healthy on a budget would be an appropriate starting point for the nighttime meetings. Kid's First has information

that can be used and can help with the presentation. The basic idea would be about using basic ingredients and less pre-produced meals. Sodexo can help with cost of food for demonstrations. Meetings could possibly have a "healthy food throwdown" where the attendees will taste and judge recipes provided. Meetings would provide recipes and shopping lists.

Health fairs-waiting for the evaluation results from students to gauge the effectiveness at the three junior high schools. On May 16<sup>th</sup> Baldwin will hold their annual health fair.

Magnets-waiting for February health month before distributing.

Jump rope for heart-Curtis is holding it on Feb 25-26<sup>th</sup>. Potter burns Feb 6<sup>th</sup>. No word on if Goff will be doing it this year.

Pedometers-there are no sponsors for pedometers this year and none are available for distribution.

Cleaning for health-grant money has been allotted for training of the custodians in using healthier products while cleaning. Linda is finding out about setting up the training session.

**April 29<sup>th</sup> is national healthy schools day.**

## **New business**

Dating violence/Lindsay Ann Burke law-surveys done in both high schools and follow up to be done.

Shape up Rhode Island starts Feb 3<sup>rd</sup> and registration is ending soon. Teams are being formed for a \$20 per member to join.

Newsletter-information sent to ken for articles for the Jan/Feb newsletter. Breakfast info will be put in again.

The frame work for the new PE guidelines will be put on the website for anyone that wants to see it.

Next meeting- Tuesday February 24<sup>th</sup> 7am Jenks Junior High

Adjourn. 8:20pm